

St Michael's Hospice Big Spring Walk

Sponsored by Hampton Hire Ltd, event and catering equipment hire, 01432 379 399

Thank you for registering for our Big Spring Walk. Please read the following information carefully so you are prepared for the day.

Location

The Start and Finish of each event is at the Fownhope Recreation Ground, Caplor Lane, HR1 4PJ.

Timing

16K walkers: registration between 8.30am and 8.55am, walk starts at 9.00am

11K walkers: registration between 9.00am and 9.25am, walk starts at 9.30am

5K walkers: registration between 10.00am and 10.55am, walk starts at 11.00am

2K walkers: registration between 10.00am and 11.25am, walk starts at 11.30am

Parking

Parking is available on the Recreation Ground field, please follow the car park signage.

Registration

The registration area will be next to the Fownhope Pavilion on the Recreation Ground. You need to register your attendance and collect your Big Spring Walk wristband. We will also give you a map and a much-deserved bar of chocolate to help you along your way!

Safety

On your wristband there is our on-call mobile number. If you get into any difficulty on the walk, please contact us immediately. When crossing a major road, marshalls will be present to assist your crossing. Please be vigilant when crossing roads.

The walks will take you next to the river: please ensure you keep a minimum distance of 2m from the bank and ensure all children and dogs are supervised.

Please **bring enough water** to get you and your party around the walk: you will have the option to buy water on the day if required. This is especially important in hot weather.

Ensure you have appropriate footwear to meet the requirements of mixed terrain. You will also need to consider the weather when selecting attire.

Please keep all dogs on leads for the duration of the walk and while on the Recreation Ground. Non-compliance will not be tolerated. The playing fields are used by numerous youth groups so please clear up after your dog.

Refreshments and Toilets

Refreshments are available throughout the day next to the Pavilion. We will be serving bacon rolls throughout the day. We will have a vegetarian option too.

Tea, coffee and soft drinks will be available from the catering area as well as Mr Whippy style ice cream.

There are toilets available in the Pavilion building on the Recreation Ground and at The Moon Inn, Mordiford.

Entertainment

We are pleased to have Paws For Thought Dog Display Team entertaining us from 12.30pm so please join us after your walk.

Sponsorship

We've asked that everyone try and raise £15 in sponsorship to support the free services the Hospice provides to the community. This means asking five people for £3 via a paper sponsorship form or setting up a Just Giving account.

£15 to the Hospice provides a patient with a therapy session to help relieve stress and anxiety. By increasing your sponsorship total to £30, you could pay for a patient to receive a full pain control assessment; by raising £50 you can pay for two sessions for a patient's family to receive specialist support from our counselling team.

If you have already collected cash sponsorship, you can drop this off with the registration team on the day.

90% of the £5.2million needed to fund the Hospice annually comes from the community – your help with this, as always, is greatly appreciated.

Need more help?

If you have any further questions please let us know:

Email events@st-michaels-hospice.org.uk

Call 01432 851 000

Our Supporters

Thank you to everyone who has supported this event, all of our marshalls and volunteers, Hampton Hire, Paws For Thought Display Team and the Fownhope Recreation Field Association.